

PLEASE

Note

**Reserve Auld
Recreation
Center for your
next meeting
or social event.**

**It's also a
perfect site for
your wedding.**

For additional
information
call the Center

*Don't forget to
visit Veteran's
Memorial Gardens
next to Auld.
See ad on page 31*

**WE SPECIALIZE
IN ADAPTIVE
PROGRAMS FOR
INDIVIDUALS
WITH SPECIAL
NEEDS!**

Contact Us:

AULD RECREATION CENTER

ADDRESS: 1650 Memorial Drive, Lincoln NE 68502

PHONE: (402) 441-7877 **EMAIL:** kzingg@lincoln.ne.gov

HOURS: Monday - Friday 8:00 am - 4:30 pm

Weekends - Rentals only

MAILING ADDRESS: 2740 A Street, Lincoln NE 68502

CLASSES FOR ADULTS

Aerobics Plus

A low impact workout aimed at improving your cardiovascular conditioning as well as toning and strengthening your muscles. Class includes warm-up, 20-30 minutes of aerobics and strengthening, and ends with muscle stretches. Class runs year-round. *Punchcards for 11 classes (expires after 2 months), for 35 classes (expires after 6 months).

Ages: Adults	Meets: Year-round
Mon/Wed/Fri	9:00 - 10:00 am
55 & Older	11 class punchcard - \$27.50
	35 class punchcard - \$70
Under 55	11 class punchcard - \$32.50
	35 class punchcard - \$75
Drop in	\$3.00

Ballroom Dance

Dances are held every Tuesday at Auld Recreation Center in Antelope Park. Live music provided. Admission is free.

Ages: 55 & Older	Meets: Year-round
Tue	7:00-9:30 pm FREE

Ballroom Dance Lessons

Learn ballroom dance in a historic dance facility with the perfect ballroom dance wood floor. Instruction in waltz, fox-trot, swing, and polka. Instructors are Don & Polly Andersen.

Ages: 18 & Older	Meets: 6 Weeks
Begins: 2/3	
Fri	7:00-8:30 pm \$60/couple

Interested in Special Olympics

Lincoln Parks and Recreation sponsors the Lincoln Shooting Stars team with competition in: bowling, swimming, basketball, track & field, and bocce. Most of the athletes on the Shooting Stars team are adults who are no longer in school.

For More Information Call: 441-7877

ADAPTIVE RECREATION

Fun Club

Varied recreational and social activities with additional fees for some activities plus \$1/month dues. Schedule for club programs available 1/24. *Door to door transportation is available for \$39.

Ages: Grade School	Meets: 13 Weeks
Begins: 1/24	
Tue	5:00-6:20 pm *\$13/person

Friendship Club

Varied recreational and social activities with additional fees for some activities plus \$1/month dues. Schedule for club programs available 1/26. *Door to door transportation is available for \$39.

Ages: 21-35 yrs	Meets: 13 Weeks
Begins: 1/26	
Thu	7:30-9:00 pm *\$13/person

Hi-Time Club

Varied recreational and social activities with additional fees for some activities plus \$1/month dues. Schedule for club programs available 1/23. *Door to door transportation is available for \$39.

Ages: Jr/High School	Meets: 13 Weeks
Begins: 1/23	
Mon	7:00-8:30 pm *\$13/person

Social Club

Varied recreational and social activities with additional fees for some activities plus \$1/month dues. Schedule for club programs available 1/25. *Door to door transportation is available for \$39.

Ages: 35 & Older	Meets: 13 Weeks
Begins: 1/25	
Wed	7:30-9:00 pm *\$13/person

Recreational Bowling

Held at Champions Fun Center at 15th & Cornhusker Hwy. New participants should call Auld Center at 441-7877 to register and for further information.

Ages: 17 & Older	Meets: Year-round
Fri	4:00-5:30 pm \$2/game

Co-ed Bowling League

Teams bowl three games each week following regulation league rules and handicaps. Trophies will be awarded. Pre-registration required. Held at Hollywood Bowl.

Ages: 17 & Older	Meets: 10 Weeks
Begins: 3/4	
Sat	2:00-4:30 pm \$5.25/week

Holiday Ceramics

Paint 1-3 pieces with the assistance of instructors.
*Includes project supplies fee

Ages: 17 & Older		Meets
Sat 1/21, 4/1	9:30-10:45 am	2 wks
Sat 1/21, 4/1	11am-12:15 pm	2 wks
Sat 2/4, 3/4, 4/22	9:30-10:45 am	4 wks
Sat 2/4, 3/4, 4/22	11am-12:15 pm	4 wks
Fees: *\$13.50/2 wks	*\$25.00/4 wks	